Winnipeg metro

WEEKEND, FEBRUARY 17-20, 2017

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Winnipeg metro

Your essential daily news | WEEKEND, FEBRUARY 17-20, 2017

High 3°C/Low 1°C Mostly cloudy

EuroSTAR

Trudeau brings calming message to EU amid Trump anxiety
metroNEWS

Denis Vrignon-Tessier works on a snow sculpture along Provencher Boulevard on Thursday.
LYLE STAFFORD/FOR METRO

metroNEWS

Carve out some time

... for Festival du Voyageur
+ 4 other things to do this weekend

Cab drivers must post photo IDs

TAXI SAFETY

New, nameless licences aim to give passengers 'peace of mind'

Stephanie Taylor
Metro | Winnipeg

Taxi passengers in Winnipeg will soon get a clearer look at their drivers from the back seat.

The Manitoba Taxicab Board says that by April 1, all drivers must have photo identification and their taxicab licence number visibly posted in vehicles.

The board sent a notice to all dispatch companies in January, following a decision quietly made last November, recommending mandatory in-car photo ID.

"This change is aimed at increasing driver and passenger safety and provide the passenger a way to confirm that their driver is licensed by the taxicab board," the letter reads.

The change applies to all taxis, limousines, handi-cab vans, and accessible taxis.

On Thursday, a request for an interview with a board spokesperson was not returned by press deadline.

According to the board's letter, new licences are currently being issued to all drivers.

The new licence will include a taxicab driver's photo, licence number and date of expiry. Currently, a licence only displays a driver's name and Manitoba licence code.

Gurmail Mangat, president of Unicity Taxi, said drivers' names won't be included in the new licences so as to protect their privacy. That was a sticking point among some in the industry when the mandatory photo ID issue was raised.

Michael Diamond, a spokesperson for the Winnipeg Taxi Alliance, believes there's no reason the industry shouldn't welcome this change, saying all it does is provide passengers with a "bit more peace of mind."

He said the photo ID rule varies between Canadian cities.

A recently released industry review, compiled by MNP LLP, offered 40 recommendations for ways to improve service in the city, some of which focused on making cabs feel safer.

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metro NEWS
Metro is back on Tuesday. Enjoy Louis Riel Day!
Your essential daily news

Say it ain't sew: Monopoly to drop thimble as game piece after online vote

Something's brewing at Brazen Hall

BUSINESS

Old Fort Rouge opening doors as bold new microbrewery

Michelle Bailey
For Metro | Winnipeg

Brazen Hall Kitchen and Brewery head brewer Jeremy Wells, right, director of operations Kris Kopansky, centre, and president Kristjan Kristjansson. LYLE STAFFORD/FOR METRO

Look up the definition of "brazen," and the first word to pop up is "bold."

That's what the owners of Brazen Hall Kitchen and Brewery have planned for 800 Pembina Highway when it opens its doors a few weeks from now.

They promise bold and flavourful food. Bold and unique beer brewed on site. A bold new look where the Round Table used to be.

Like a phoenix rising from the ashes, the new 225-seat restaurant and microbrewery is taking over the former 8,000-square-foot establishment that first made its presence known in 1973 as a favourite place to gather in the Fort Rouge area for drinks and good food, like prime rib. The favourite dish may make a resurgence, or maybe not. That's still up in the air.

"This is about out with the old and in with the new," said Brazen Hall president Kristjan Kristjansson, whose family has been part of this spot for 44 years.

> **The menu will be diverse so that we can serve everyone, whether you are gluten-free or vegetarian.**
> Kris Kopansky, Brazen Hall Kitchen and Brewery

"We served our last customers in June of last year, closed up, and then immediately moved on," he said. "It was time for something new. We hired consultants who told us just as much."

The isn't the first restaurant rodeo for Kristjansson and his right-hand man, Kris Kopansky. Both have spent years embedded in Winnipeg's restaurant industry.

However, this particular project has taken on a unique flavour.

Covered in drywall dust, they each speak passionately about the "teamwork" atmosphere that exists.

Brewmaster Jeremy Wells has already started fermenting what will be the first sips of their specialty ales. Dave Smith, owner of HRT Construction, is overseeing the project and paying great attention to detail.

Kristjansson and Kopansky can't say enough about the chemistry between all of those who have dedicated countless sleepless nights turning the dream into reality.

"We have hired all of our staff (about 70 people) who have come in here with energy, enthusiasm, and are ready to provide a food and drink menu we know our customers will love," said Kopansky.

"We bake our own bread, pickle our own pickles, make our own ketchup, it's all authentic," added Kristjansson. "The menu will be diverse so that we can serve everyone, whether you are gluten-free or vegetarian."

And then... there's the beer.

As brewmaster, Wells is ready to offer up made-from-scratch ales that will be available on tap the moment the bar opens.

Having honed his craft for eight years with Winnipeg's Half Pints Brewing Co., Wells is excited to watch customers raise his creations to their mouths.

"English, German, certain flavourful IPAs," Wells said. "It will all be good and pair well with the menu."

As much as this is about turning a corner, pieces of the formerly beloved Round Table have been integrated everywhere. Kristjansson points to the fireplace, the chandelier that hangs over the lounge area and the wood that surrounds the bar and covers the ceiling.

And then, there's the new.

"You see this sink?" he beams as he feels the steel grey surface in what will be in one of the restrooms. "It was poured using local sand. It's so big I could have a bath in it!"

Oscar-winning actress Anna Paquin of True Blood fame is seen in her role as Detective Annie Ryder, on the set of the show Bellevue. THE CANADIAN PRESS

Home is where the heart is for Paquin

ENTERTAINMENT

Winnipeg native stopping in for Bellevue and Alias Grace

Oscar-winning actress Anna Paquin of True Blood fame says she didn't deliberately set out to work so much in her birth country — Canada — in the past year.

The Winnipeg native, who grew up in New Zealand and became a star in Hollywood, says she just goes where the work is good. And right now that's here, with the upcoming Alias Grace miniseries and the new CBC drama Bellevue,which premieres Monday.

"I don't really think about what kind of work I'm doing and where in such a conscious way, as far as, 'Oh, I want to go do TV in this country' or 'I want to do a movie here' or whatever," said Paquin.

"I read material and if I respond to it, that's great. It just so happened that I ended up doing two shows for Canadian television back-to-back.... I just go where the interesting people and material is and right now, that was here in Canada."

Bellevue stars Paquin as Annie, a fearless detective with a wild past in a small blue-collar town. When a transgender teen goes missing, Annie goes to great lengths to investigate alongside the police chief, played by Shawn Doyle.

Writer Jane Maggs and veteran producer/director Adrienne Mitchell created the series, which also stars Allen Leech as Annie's on-again, off-again ex.

"I moved back here from Los Angeles in 2010 and it just so happened, when I moved back for the first number of years, I did American projects all over the place, not in Toronto," said Doyle, a Wabush, N.L., native who's made a splash on series including Lost and Big Love.

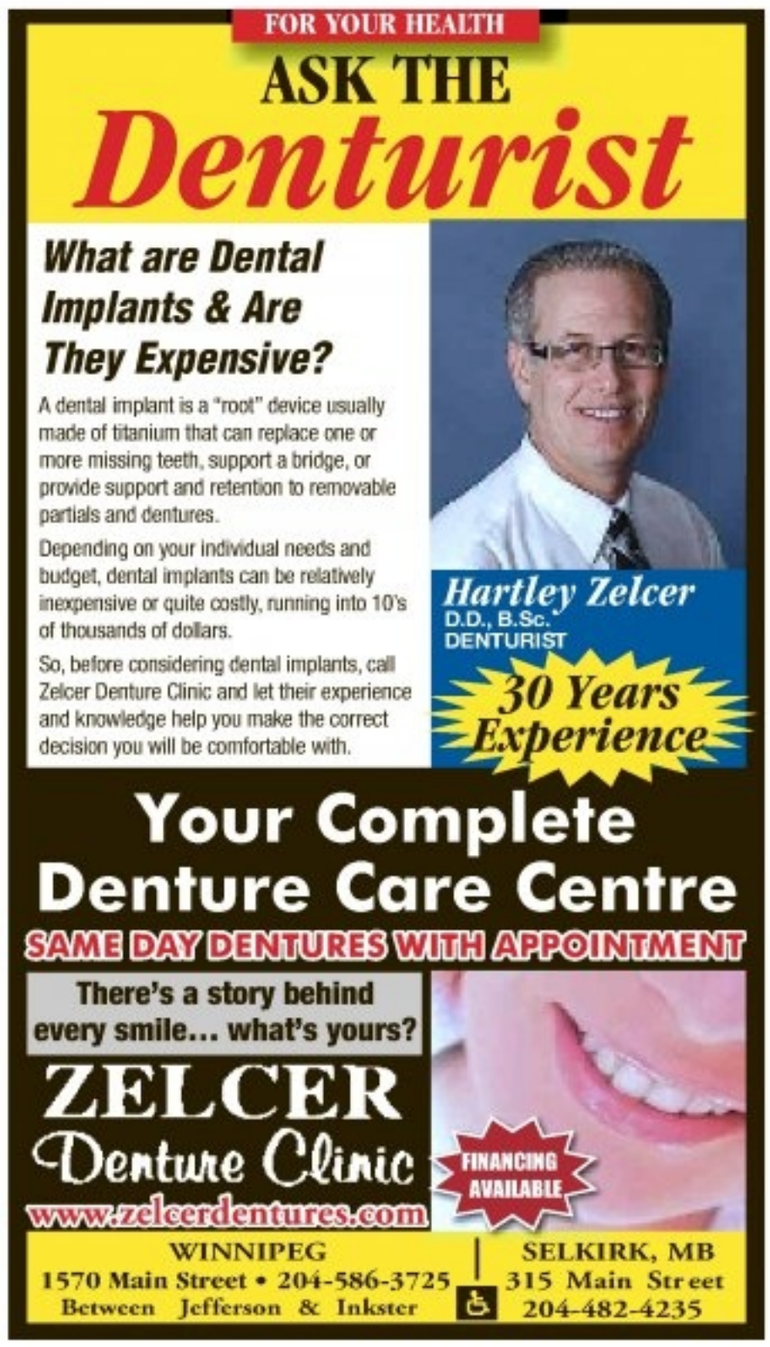
"And then I guess the trend is shifting in this country and

> **The trend is shifting in this country**
> Actor Shawn Doyle

I feel like we're starting to — once again, because it's happened before — that we're starting to take pride in our own stories and that we understand that we can compete on the global marketplace in terms of quality and production value and interesting, great writers we have here," continued Doyle, who's also in the new series Frontier.

"We're starting to understand that if we can be specific to a Canadian story, that that specificity will translate universally. Because it's just human stories at the end of the day, so it's really exciting to see that happening, that we're really owning all the colours that we can be here in Canada."

THE CANADIAN PRESS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TRANSIT TRAGEDY

Police investigate at the scene of a fatal stabbing of a bus driver at the University of Manitoba. JOHN WOODS/THE CANADIAN PRESS

SOLIDARITY

Minister gives condolences for slain bus driver

After a city bus driver was fatally stabbed in Winnipeg Tuesday, others in the profession in the city and around the country expressed condolences in solidarity.

Among those empathetic issuances of thoughts and prayers was a heartfelt statement from federal cabinet Minister Amarjeet Sohi in the House of Commons.

Although he now holds the respected title of Minister of Infrastructure, the Liberal MP for Edmonton Mill Woods previously drove buses for Edmonton Transit.

"Mr. Speaker, as a former bus driver," Sohi began. But before he was finished speaking, laughter erupted from across the floor. Sohi continued,

"I want to convey our thoughts and prayers for the Winnipeg Transit bus operator who was stabbed last night while serving his community and on duty."

As he spoke, indiscernible chatter and laughter from the Conservative benches opposite Sohi and his Liberal colleagues continued.

A point of order was raised on the floor to strike the laughter from the record, but the Conservative House leader refused. Later, Sohi said the treatment made him feel that his work "was unappreciated."

"I'm proud that work I did as a bus driver I'm pretty sure benefited thousands of Edmontonians in gaining access to employment, to gain access to education, and opportunities."

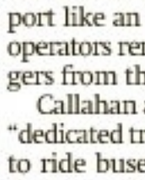
"Whether they apologize or not, that's up to them, but we are focussed on my work and we are here to focus on delivering the commitments that we made to Canadians," he said.

BRAEDEN JONES/METRO
WITH FILES FROM RYAN TUMILTY/METRO

Drivers call for change

ADVOCACY

Bus operators rally at city hall for improved transit safety



Braeden Jones
Metro | Winnipeg

Transit workers from Winnipeg and beyond will rally in front of city hall Friday to call for improved safety measures after one of their own was killed earlier this week.

"We don't want this death to be in vain," said the president of the local Amalgamated Transit Union (ATU) 1505, John Callahan. "The message we want to get out there is obviously about improved operator safety."

He said practically all of the local ATU's 1,500 some members think the city and Winnipeg Transit could do more to protect bus drivers.

For example, when Winnipeg bus driver Irvine Fraser was fatally stabbed early Tuesday morning, he was wrapping up a late Monday night shift on the University of Manitoba campus—Callahan thinks routes could terminate in a busier pedestrian area.

Having a "hub" for drivers to pull up to could also provide them with additional staff support like an "inspector" to help operators remove unruly passengers from their buses.

Callahan also plans to call for "dedicated transit police officers" to ride buses, and a campaign to better educate the public on transit policies and rules. But he said the rally, just days after Fraser's death, is not just about advocacy in his name.

"It's also an opportunity for folks to get together and do some healing," he said, noting ATU national President Paul Thorp and "representatives from other locals across Canada" will be in attendance.

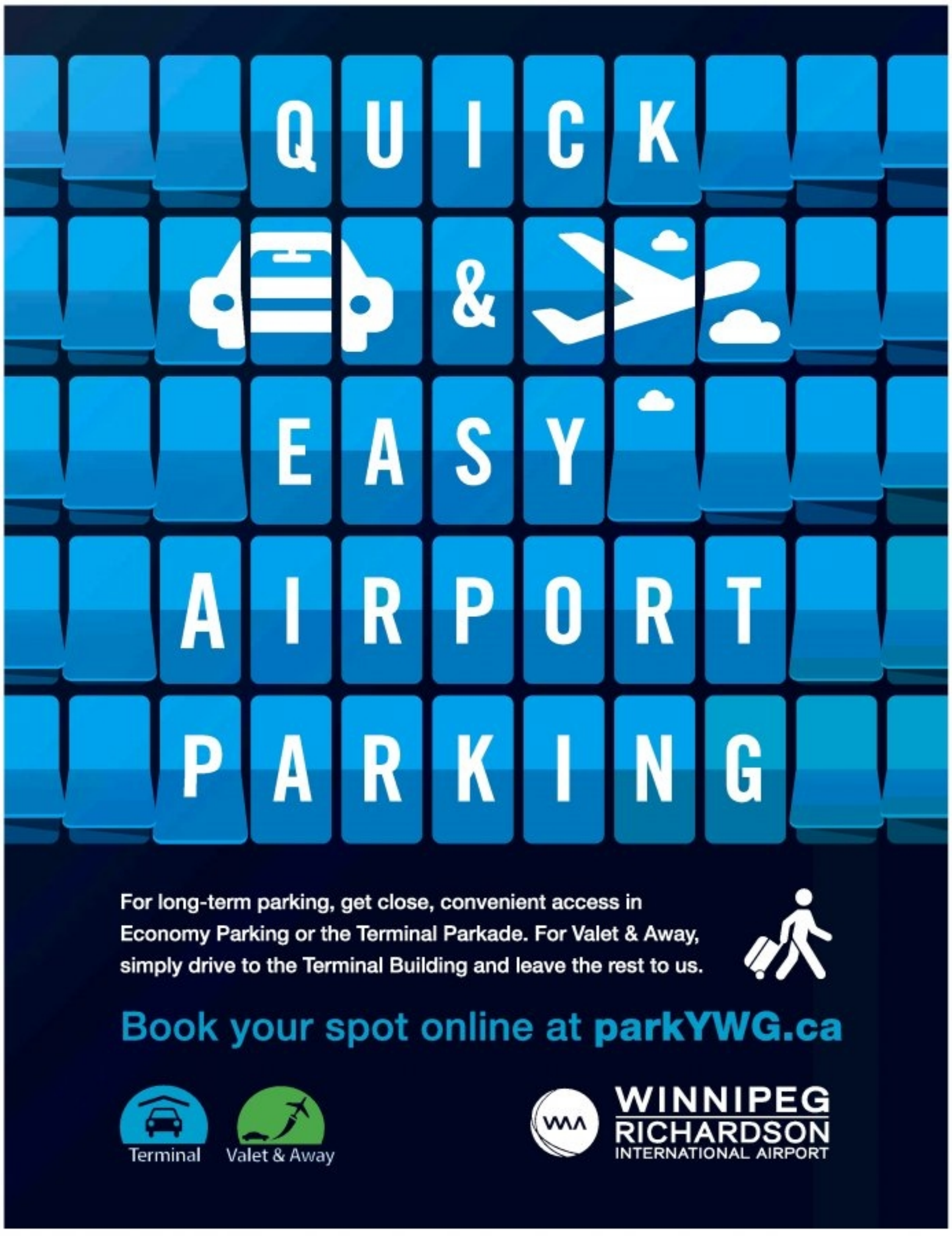
In a prepared statement, ATU International president Larry Hanley said the ATU "demands that transit agencies and government officials bring the same sense of regret that they will display in the public mourning of this tragic, unnecessary death… to the ongoing discussion about preventing these attacks from occurring."

Other residents of the city of Winnipeg, who have chipped in to raise nearly $30,000 through online campaigns for Fraser's family, are also invited to join "in solidarity."The rally will take place at 10 a.m. in front of city hall on Main Street.

Callahan said his hope is that the powers-that-be in city hall will hear the call for safety, adding he knows he already has the ear of Mayor Brian Bowman.

"I met with the mayor (Thursday) morning and we went down to the (Fort Rouge) Transit Garage—he stood in the cafeteria for an hour and a half and just listened to bus operators, their stories and concerns," he said. "I think he was pretty close to tears… he got blasted, but he listened, he took it."

Police charged 22-year-old Brian Kyle Thomas with second-degree murder in connection to Fraser's death.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WINNIPEG RICHARDSON INTERNATIONAL AIRPORT

Five things to do this weekend

Heho, heho, it's a festival you've gotta go... to

LUCY SCHOLEY METRO

Super chill vibes band **Lanikai** will be performing at La Prairie Tent at Festival du Voyageur on Friday at 11 p.m. COURTESY JENNY RAMONE

1 Pop quiz

It isn't a Winnipeg winter without A) -20 C temperatures, before wind chill B) Paralyzing blizzards C) Festival du Voyageur D) All of the above. If you answered D), you'd be right. But, fortunately, it's looking like answer C) is the only one that applies this weekend. Arguably the most Winnipeg winter event of all Winnipeg winter events, Festival du Voyageur is launching its 48th "Heho Heroes" season and, get this, it's supposed to be above 0 C all weekend. For the dance-y crowd: check out DJ K Chedda at Fort Gibraltar on Saturday at 9:15 p.m. If a mellow vibe is more your thing, check out Lanikai at La Prairie Tent on Friday at 11 p.m. But come back for the free Discotheque on Ice at The Forks on Sunday, the snow sculptures and, obviously, the signature Caribou drink.

2 No smalltown sound

Bass heads looking for a fix will delight in Calgary-based duo Smalltown DJs at the Good Will on Saturday. Pete Emes and Mike Grimes, who have been collaborating for 20 years, are back with their annual Mountain Magic Tour with Christian Martin. Tickets cost $10 at the door or you can buy them in advance online.

3 Wrestling legends unite

It's not quite getting ready to rumble, as much as it's getting ready to ramble on with your favourite wrestling greats. The Holy Cross Gymnasium Hall, at 290 Dubuc St., will be host to the first Professional Wrestling and Sports Convention to hit western and central Canada. Wrestling legends like The Baron — who first came to Winnipeg in 1967 — will be available for autographs and selfies all day from 10 a.m. until 8 p.m. Tickets cost $10 in advance and $13 at the door.

4 Onesie skate jam

Mittens. Check. Wool socks. Check. Skates. Check. Onesie? Heck, yeah. Full Blum, an up-and-coming music events group, is hosting its first "pop-up jam" at The Forks on Saturday starting at 1:30 p.m. Onesies are strongly encouraged. If you don't have one, then dress "fun" and wear your dancing shoes — or skates.

5 Weaving an art piece

If a quiet crafternoon is more your jam, then try your hand at weaving a Mexican mandala. The colourful crochets have "traditionally been created for celebration, or to bless and protect the home," according to Mentoring Artists for Women's Art (MAWA)'s website.

Tanya Greens, who's leading the workshop, sees it as "active meditation." Sounds like a blissful Saturday afternoon to us. Head to 611 Main St. on Saturday from 1-4 p.m. The workshop is free and no registration is necessary.

LOUIS RIEL DAY

What's open and closed

Stephanie Taylor
Metro | Winnipeg

Good news — there's not a heck of a lot closed on holiday Monday.

- If you were planning to pay a parking ticket in person that day, or browse the library shelves, you will be out of luck as the Winnipeg Parking Authority office will be closed, as will all libraries, leisure centres and the city's animal services agency.
- **The doors to all pools — save for the Pan Am Pool and Cindy Klassen Recreation Complex – will be shut on Louis Riel Day.**
- The Pan Am Pool will be open from 10 a.m to 2 p.m. and the Cindy Klassen Recreation Complex will open from 2-6 p.m.
- **Buses will run on Sunday hours and garbage and recycling pickup will remain the same.**
- Most Manitoba Liquor and Lotteries locations will be open from 10 a.m. to 6 p.m, save the spot in Cityplace.
- **That mall might be closed, but those in the mood to shop can head down to Polo Park, Kildonan Place and St. Vital Centre between 11 a.m. to 6 p.m.**
- Both Sobeys and Safeway will also be open regular Sunday hours.

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Indigenous community hit with two tragedies

ONTARIO

Renowned artist dies in custody, sister killed in crash

Aboriginal leaders say indigenous artist Moses Beaver has died under what they are calling unexplained circumstances.

Beaver, a renowned Woodlands artist, is believed to have died in a jail in Thunder Bay, Ont., Nishnawbe Aski Nation Grand Chief Alvin Fiddler and Nibinamik First Nation Chief Johnny Yellowhead said Thursday in a statement.

Ontario's Ministry of Community Safety and Correctional Services said a male inmate was found unresponsive in his cell at the Thunder Bay jail on Monday night.

Paramedics were called and the inmate was pronounced dead at a hospital, spokesman Andrew Morrison said in an email. Morrison said the matter is under investigation, but gave no other details.

Regional coroner Dr. Michael Wilson said the man who died had been in custody "for a while," but could give no details. Wilson said he had spoken with Yellowhead about the death.

Beaver's sister, Mary Wabasse, died Wednesday in a collision in Thunder Bay as she was travelling to comfort family members and make funeral arrangements for her brother, Fiddler and Yellowhead added.

"Our community had barely begun to mourn his loss when the news came that his sister Mary was killed in an accident," Yellowhead said.

Artist Moses Beaver, front, before the mural he helped the students of Holy Family Catholic School paint. TORSTAR NEWS SERVICE

Yellowhead said Beaver had struggled with mental health issues for many years.

"We do not understand why he was in custody or the circumstances that led to his death," Yellowhead said. "It is clear that Moses needed professional help and a psychiatric assessment, and we demand to know why this didn't happen."

Fiddler called the circumstances of the death "troubling."

"We will demand an investigation into the circumstances around his passing," he said.

The Lake Superior Art Gallery in Thunder Bay says on its website that Beaver was a self-taught artist who worked with acrylic on canvas, Indian Ink on paper and watercolour, and calls his use of colour "revealing." THE CANADIAN PRESS

COURTS

Garland guilty of murdering boy, seniors

Lucie Edwardson
Metro | Calgary

Douglas Garland has been found guilty on all three counts of first-degree murder in the deaths of five-year-old Nathan O'Brien and his grandparents Kathy and Alvin Liknes.

Garland, 57, who was on trial over the last five weeks, was found guilty by a jury of 12 Calgarians on Thursday. The jury deliberated their decision for just over eight hours.

Family members of the victims wept as the verdicts were read out in court.

Ten of the jurors suggested the three 25-year sentences be served consecutively, for a total of 75 years. Two had no opinion on the matter.

In the summer of 2014 an Amber Alert gripped the city as citizens held their collective breath — hoping for the safe return of Nathan and his grandparents. Nathan's mother, Jennifer O'Brien, discovered the bloody crime scene and her parents and son missing the morning of June 30, 2014 — prompting police to open an exhaustive investigation that would span days, months and years.

The Crown told jurors in their opening statement of how Garland held a "petty grudge" against Alvin Liknes over a patent on an oil-and-gas pump he'd worked on before being fired in 2007.

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PM Justin Trudeau arrives to deliver a speech at the European Parliament on Thursday. GETTY IMAGES

Calming waters across the pond

EUROPE

Trudeau talks Trump, looks for common ground

> What I saw from the American president was a focus on getting things done for the people who supported him. Justin Trudeau

Fresh from his meeting in Washington, Justin Trudeau sought to bring Europe a message of reassurance Thursday about the anxiety it faces over Donald Trump's antipathy towards the continent.

Trudeau's recent visit to the White House, kicking off a whirlwind week of international travel, was closely watched in the European Union, which endured another round of bashing this week from Trump's pick for ambassador to Brussels.

Trudeau's host, Antonio Tajani, the president of the European Parliament, said Europe views Canada as an important bridge builder in its attempt to forge positive relations with the United States.

"It's easier for the Canadians to speak to the Americans," Tajani said, seated next to Trudeau at their joint press conference in Strasbourg, France, the seat of the bloc's 28-country parliament.

The Trump-Trudeau meeting on Monday "paved the way for better relations between European Union and the United States of America," Tajani said.

"We want to work with the Americans. Over the next years, the Canadian work is very good for relations between us and America."

Trudeau elaborated on his meeting with Trump, saying the two are seeking common ground to help the middle classes of their two countries prosper.

"What I saw from the American president was a focus on getting things done for the people who supported him and who believe in him, while demonstrating that good relations with one's neighbours is a great way of getting things done," said Trudeau.

The prime minister called that "a positive example that everyone is going benefit from around the world."

Trudeau said the Comprehensive Economic and Trade Agreement with Europe would likely be ratified by Canada by the spring and that's when working people would begin to see the benefits of trade deals.

"If we are successful, CETA will become the blueprint for all ambitious, future trade deals. If we are not, this could well be one of the last."

THE CANADIAN PRESS

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Revised Muslim ban coming soon

COURT

Feds ask for stay in legal proceedings, plan changes

The Trump administration said in court documents on Thursday it wants a pause in the legal fight over its ban on travellers from seven predominantly Muslim nations, so it can issue a replacement ban as it strives to protect the nation from terrorism.

Details of the new proposal were not provided in the filing or at a wide-ranging news conference by Trump. But lawyers for the administration said in the filing that a ban that focuses solely on foreigners who have never entered the U.S. — instead of green-card holders already in the U.S. or who have travelled abroad and want to return — would pose no legal difficulties.

"In so doing, the president will clear the way for immediately protecting the country rather than pursuing further, potentially time-consuming litigation," the filing said.

Trump said a new order would come next week.

"I will not back down from defending our country. I got elected on defence of our country," he said.

The administration asked the 9th U.S. Circuit Court of Appeals to hold off on making any more decisions related to the lawsuit filed by Washington and Minnesota until the new order is issued and then toss out the decision keeping the ban on hold.

Washington state Attorney General Bob Ferguson said the federal government was "conceding defeat" by saying it does not want a larger appellate panel to review the decision made last week. THE ASSOCIATED PRESS

President Donald Trump said he would not 'back down from defending our country.' GETTY IMAGES

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MEDIA RELATIONS

A presser unlike any you've seen before

The leaks are real. But the news about them is fake. The White House is a fine-tuned machine. Russia is a ruse.

Donald Trump's first solo news conference as president has no rivals in recent memory. For all the trappings of the White House and traditions of the forum, his performance was one of a swaggering, blustery campaigner, armed with grievances and primed to unload on his favourite targets.

In nearly an hour and a half at the podium, Trump bullied reporters, dismissed facts and then cracked a few caustic jokes — a combination that once made the candidate irresistible cable TV fodder. He went even further, blaming the media for all but sinking his not-yet-launched attempt to "make a deal" with Moscow.

That matters, Trump said in one of his many improvisational asides, because he'd been briefed and "I can tell you ... nuclear holocaust would be like no other."

This was his and his aides' attempt to get the boss his groove back. Trump used the event to try to claw his administration back from the brink after a defeat in court and the resignation of his top national-security adviser.

He bragged that his White House is "a fine-tuned machine" and claimed "there has never been a presidency that has done so much in such a short period of time." THE ASSOCIATED PRESS

150 WAYS of looking at Canada

POSTCARD NO. 17

CAPE CHURCHILL, MANITOBA

WE FLEW INTO CHURCHILL, MANITOBA — KNOWN AS THE POLAR BEAR CAPITAL OF THE WORLD — ACCOMPANIED BY A BIOLOGIST. WE WENT INTO THE TUNDRA IN SEARCH OF THESE BEAUTIFUL, THREATENED CREATURES. WHAT A THRILL TO SEE THE FIRST OF MANY POLAR BEARS ON THAT VISIT. **MURNA ANDREWS**

SEND US YOUR POSTCARD

Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at **scene@metronews.ca** or post to Instagram or Twitter with the hashtag **#150postcards**.

A promise of your own omniscience

ROSEMARY WESTWOOD
From the U.S.

> The sad fact is that we are often wrong. Admitting that is the only route to progress.

Imagine always being right. Imagine every fear you had was proved founded, and every belief proved true. No need to stretch the bounds of your assumptions. No need to consider how the terrain of life might shift from a different point of view.

That — your own personal omniscience — is the promise of this era of crumbling trust: And for enough of us, it seems, it just feels too good to pass up.

Edelman's trust barometer, published this week, shows in polling what anyone paying attention has already seen: Canada is going the way of the U.K., the U.S., and France in tilting dangerously towards a populist moment. Like our Western neighbours, "trust in business, media, and the government is in trouble."

Everyone living in such period of dramatic change, especially technological, could be forgiven for being fearful. But anyone willing to use their fear to prop up a xenophobic nationalism is, well, less forgivable.

One way to tell if you're among the latter is via a simple test: Muslims. As in: Are you afraid of them? As in: Did the Quebec mosque shooting fill you with dread, until you learned it was committed by a young white man with white supremacist, populist ideas?

In the U.S., people don't worry so much about how toddlers with guns accidentally killing people, or the hundreds of white supremacist hate groups, or the one in five women who've been raped or seriously assaulted by a partner, according to the Centers for Disease Control and Prevention.

Those, we understand, are truly dangers, and need not warrant fear. But Muslims? The cultivated terror of them can land you in the White House. Hence Trump's Muslim ban campaign promise.

The sad fact is that we are often wrong. Admitting that is the only route to progress. It's called learning. Now, for many, learning just doesn't compare to digging in. To denouncing institutions so that you can denounce their facts. To diminishing your own sphere of influence until the only person you trust is yourself.

Donald Trump campaigned on the idea that he was his own best advisor. A lot of people found that preposterous. But far too many nodded along.

Protesters participate in a march aimed squarely at President Donald Trump's efforts to crack down on immigration on Thursday in Chicago. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

'Employers and workers standing together' to support immigrants

ACTIVISM!

The heart of Philadelphia's Italian Market was uncommonly quiet. Fine restaurants in New York, San Francisco and the nation's capital closed for the day. Grocery stores, food trucks, coffee shops, diners and taco joints in places like Chicago, Los Angeles and Boston shut down.

Immigrants around the U.S. stayed home from work and school Thursday to demonstrate how important they are to America, and many businesses closed in solidarity, in a protest called A Day Without Immigrants.

The boycott was aimed squarely at President Trump's efforts to step up deportations, build a wall at the Mexican border and close the door to many travellers.

Organizers appealed to immigrants from all walks of life to take part, but the effects were felt most strongly in the restaurant industry, which has long been a first step up the economic ladder for newcomers to America. Restaurant owners with immigrant roots of their own were among those acting in solidarity.

"The really important dynamic to note is this is not antagonistic, employee-against-employer," said Janet Murguia, president of the Hispanic rights group National Council of La Raza. "This is employers and workers standing together, not in conflict."

THE ASSOCIATED PRESS

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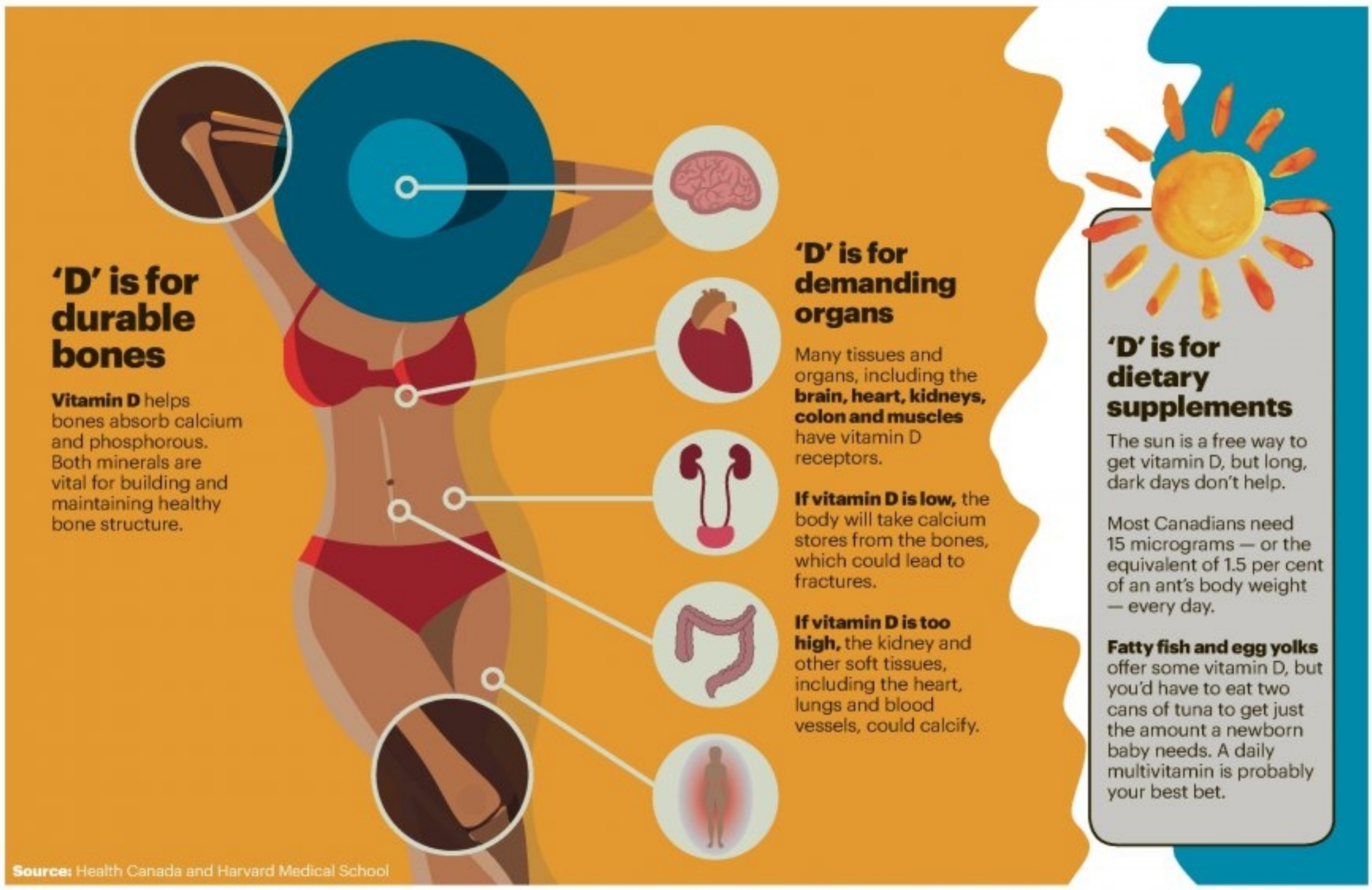
Goats know what's up: The barnyard animals can recognize their friends by sound and sight, a new study says.

DECODED by Sarah-Joyce Battersby and Andrés Plana

'D' RIGHT VITAMIN FOR YOU

Soaking up the sunshine vitamin. As post-secondary students head off on spring break down south and the rest of us look forward to warmer weather (any minute now), we look at the science behind vitamin D, one of the nutrients your body needs most.


'D' is for durable bones
Vitamin D helps bones absorb calcium and phosphorous. Both minerals are vital for building and maintaining healthy bone structure.
'D' is for demanding organs
Many tissues and organs, including the brain, heart, kidneys, colon and muscles have vitamin D receptors.
If vitamin D is low, the body will take calcium stores from the bones, which could lead to fractures.
If vitamin D is too high, the kidney and other soft tissues, including the heart, lungs and blood vessels, could calcify.
'D' is for dietary supplements
The sun is a free way to get vitamin D, but long, dark days don't help.
Most Canadians need 15 micrograms — or the equivalent of 1.5 per cent of an ant's body weight — every day.
Fatty fish and egg yolks offer some vitamin D, but you'd have to eat two cans of tuna to get just the amount a newborn baby needs. A daily multivitamin is probably your best bet.
Source: Health Canada and Harvard Medical School

The Citizen Scientist is out in the field at the moment. Keep sending your questions to: **genna.buck@metronews.ca**

Harvard, MIT hang on to lucrative gene-editing patent

In a highly anticipated decision that could sway the fortunes of a handful of biotechnology companies, the U.S. federal patent office has turned back a challenge to patents covering a widely used method for editing genes.

The office's board of appeals ruled Wednesday that the Broad Institute of MIT and Harvard can keep patents it had been awarded for a technique called CRISPR that lets scientists alter DNA within cells.

It turned back a challenge from the University of California, Berkeley. The school had filed its own CRISPR patent application in 2012 a few months before the Broad institute, but the Broad got its patents approved while Berkeley's application is pending.

The financial implications are huge, since CRISPR may lead to many lucrative products in medicine, agriculture and elsewhere. One company that has licensed Broad's technology, Editas Medicine Inc., saw its shares jump by 29 per cent Wednesday.

In a statement, Berkeley said it respects the ruling, but that it will "carefully consider all options for possible next steps in this legal process, including the possibility of an appeal."

The patent dispute involved work led by Feng Zhang of the Broad Institute and Jennifer Doudna and Emmanuelle Charpentier at Berkeley.

Lawyers for Berkeley maintained that Doudna and Charpentier were the first to invent CRISPR for use in all settings. They said the work at Broad, which showed how to use CRISPR in the relatively complex cells of plants, people and other animals, wasn't enough of an advance beyond the Berkeley work to warrant its own patents.

The appeals board, however, concluded that the Broad work was not simply an obvious extension of the research described in the Berkeley patent application. So Broad's patent coverage is different from Berkeley's, the board ruled.

Jacob Sherkow, who specializes in patent law for matters of biological sciences at the New York Law School, said he thinks it would be worthwhile for Berkeley to take the matter to a federal appeals court.

THE ASSOCIATED PRESS

FINDINGS
Your week in science

Stars, they're just like us Astronomers spotted an exploding star just hours after its eruption, giving a rare glimpse at its final moments. Until now the explosion itself was considered the first sign of the end, but it looks like they do not go quietly — in this case belching gas as it neared death.

Unbalanced diet French hamsters ate their babies alive when fed a corn-heavy diet, researchers have found. The study was looking for downsides of limited crop availability. Downside, check.

SOUND SMART

NEOTENY

DEFINITION
Neoteny describes a stunted adulthood, where grown members of a species still hold youthful traits and behaviours, and in turn the young can perform adult functions, like reproduce.

USE IT IN A SENTENCE
"Talk about neoteny! Cheryl's 45-year-old son has booked a spring break trip to Disneyland with 26 of his closest friends."

PHILOSOPHER CAT
by Jason Logan

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Your essential daily news
MOVIES MUSIC TELEVISION DIGITAL

Charlie Day and Ice Cube play two teachers who brawl in a high school parking lot in Fist Fight. CONTRIBUTED

Get schooled on teen movies

IN FOCUS

Fist Fight the latest study on culture of the student body

Richard Crouse
For Metro Canada

Fist Fight features so much bad language it completely outpaces f-word aficionados Tarantino and Scorsese combined. Accompanying the cussing are bad behaviour, violence and loads of oh-no-he-didn't jokes all set against the backdrop of the end of semester at the rough-'n'-tumble Roosevelt High School.

Trying to hang on until the final bell rings are well-meaning English teacher Andy Campbell (Charlie Day) and Ron Strickland (Ice Cube), the world's toughest history teacher. When Campbell accidentally gets Strickland fired a bad day goes from crappy to cruddy. "I'm going to fight you," the amped-up Strickland says, looking for some street justice. "After school, meet me in the parking lot."

As the #teacherfight spreads across social media, a crowd gathers in the parking lot to witness the carnage. After some hand-to-hand combat Campbell and Strickland come to terms with one another, learning important lessons with each punch.

My grade nine homeroom teacher Mrs. Armstrong wouldn't recognize Roosevelt High as the kind of school she taught in, but it's familiar territory for Hollywood, which has long used school hallways as a study of teen life. Relationships between students and teachers have fuelled movies like Blackboard Jungle and To Sir with Love, but just as interesting is the culture of the student body.

John Hughes mined the teenage dynamic for all it was worth in a series of classic teen operas like Sixteen Candles, but it's The Breakfast Club that remains his most insightful look at high school life. The story is simple: five high school archetypes — the jock, the mean girl, the brainiac, the rebel and the outsider — thrown together during a nine-hour Saturday detention become unlikely friends, revealing their innermost secrets. "We're all pretty bizarre," says Andrew (Emilio Estevez). "Some of us are just better at hiding it, that's all."

It's the emotional intensity of The Breakfast Club that makes it one of the most insightful high school films ever. Thirty-two years after its release it still feels fresh, but for my money one of the best looks at life in the halls comes from Emma Stone's film Easy A.

The movie begins with the voiceover, "The rumours of my promiscuity have been greatly exaggerated." It's Olive (Stone), a clean-cut high school senior who tells a little white lie about losing her virginity. When the gossip mill gets a hold of the info, her life takes a parallel course to the heroine of the book she is studying in English class — The Scarlet Letter. At first she embraces her newfound notoriety; after all she had been all but invisible at the beginning of the school year. It isn't until the lies and gossip start to spin out of control that she has to assert her virginity.

All the best high school movies — Election, Heathers, Dazed and Confused and Mean Girls — share that sentiment. The names, schools and places may change but it is the labours of students and teachers, like Fist Fight's Andy Campbell and Ron Strickland, to find themselves and figure out what it all means that makes them interesting and relatable. As we learned studying Aristotle in philosophy class, "Knowing yourself is the beginning of all wisdom," and, in Hollywood's case, entertainment too.

MOVIE RATINGS by Richard Crouse

Fist Fight	★★★
The Great Wall	★★
A Cure for Wellness	★
My Scientology Movie	★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
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Helping Monet make a new impression

CINEPLEX SERIES

How the movie theatre is being turned into a fine art gallery

Steve Gow
For Metro Canada

For many people, going to the cinema to admire old paintings probably sounds pretty boring. But veteran filmmaker Phil Grabsky sees it another way.

"The music of Mozart or the paintings of Monet are extraordinary and something we can indulge ourselves in and be motivated by," insisted the award-winning director recently from London. "And at the cinema, where you're not distracted by your phone for 90 minutes, you'll be moved by it."

Sparked by this theory, Grabsky has teamed up with international galleries to bring art lovers unprecedented access to the world's greatest artwork on the big-screen. His latest film — I, Claude Monet — uses 2,500 narrated letters to accentuate the stunning work of one of French Impressionism's founding fathers.

Phil Grabsky's I, Claude Monet brings the French master's most iconic works to movie theatres, including Impression at Sunrise. CONTRIBUTED

"Obviously I've got lovely visuals to work with," said Grabsky. "It's a film to see in the cinema because many of us know some of the works of Claude Monet but to look at them again fresh, you do get a sense of just why he was an extraordinary painter."

ARTISTIC APPRECIATION

On making Claude Monet more mainstream: "I'm really trying to give you a pleasurable, educational entertaining experience," said Phil Grabsky. "These films aren't supposed to be hard work. You're supposed to come out thinking it's amazing what we as human beings can do with paint."

"Impression at Sunrise is one of those paintings that many of us had on our walls or seen on endless postcards. But when you see the actual spots and then get a sense of what he did, it just heightens your appreciation for him." STEVE GOW/FOR METRO

Premiering on Feb. 22 as part of Cineplex's In The Gallery event series — I, Claude Monet may shed insight on the French painter but it's also about introducing art to the mainstream.

"We're trying to find another audience that doesn't want to see Thor," said Cineplex Events VP Brad LaDouceur, whose aim was to boost attendance on quieter evenings through those "who want to see artists."

"You go to the movies and it's a great way to escape the everyday world, but what's great about the programming that Cineplex events does is how we can add to your knowledge of a genre, of an artist or a ballet company."

Going to today's theatre to view 19th century compositions is also a relatively modern affair. Not only are crowds booming for the gallery series but the experience may actually aid the enjoyment of the art itself.

"I went to see the Mona Lisa (and) I felt like I was being pushed out," recalled LaDouceur of a crowded visit to The Louvre in Paris. "But when you see your first gallery presentation, you don't have the crowds (and) you're going to get a high-definition shot of some of the most brilliant pieces."

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Great Wall holds back film master

Director Zhang Yimou also directed Hero and House of Flying Daggers. CONTRIBUTED

MOVIES

Filmmaker's talents wasted by blockbuster film approach

Linda Barnard
Torstar News Service

Monstrous Chinese blockbuster The Great Wall shows its devotion to American cinema from the get-go, opening with a desert horseback pursuit straight out of a classic 1950s Western. And hey, one of those fleeing cowboys is Matt Damon.

But this is 12th-century China and Damon is no cowpoke, he's mercenary soldier and master archer William Garin, whose wavering accent would indicate he has ridden in from Cleveland by way of Denmark.

The largest-budget movie ever shot in China — a market where Hollywood action films pull huge box-office numbers — and with a big American star on the marquee, The Great Wall marks the first English-language production from master filmmaker Zhang Yimou (Raise the Red Lantern, Hero, House of Flying Daggers).

Unfortunately, the gorgeous subtlety of Zhang's mesmerizing style is carried off with the first wave of man-eating, green-blooded monsters. This is a movie that owes much to gaming style, with furious action, in-your-face flying weapons and an uncomplicated story.

Earlier concerns about whitewashing, which erupted when Damon's casting in a Chinese historical epic was announced, are put to rest. His character is written as "European" and often bested by the Chinese, who are more advanced about weaponry, tactics and ethics. Still, Damon's job description is solidly Hollywood hero.

Along with sidekick Tovar (Pedro Pascal of Game of Thrones), Garin has been fighting for whomever pays the way and is now in China, hoping to get his hands on the near-mythic exploding "black powder" the Chinese have invented.

They're captured by warriors of the massive Nameless Order battalion, who protect the Fortress City within the new-looking Great Wall. They have a keen interest in a paw Garin claims he took doing battle with a strange creature.

It belongs to one of a horde of telepathic hyena-lizard monsters, called Tao Tei, that rise up every 60 years for a bloody rampage to devour humans as punishment for our greed.

Most interesting among the Nameless Order is commander Lin Mae (Jing Tian of the upcoming Kong: Skull Island), who heads the all-women Crane Corps of bungee-jumping fighters who deliver deadly strikes with Cirque du Soleil-style acrobatics — and look great doing it.

Lin speaks English, having learned from Ballard (Willem Dafoe), another black-powder fan who's been a captive of the Nameless Order for 25 years.

She's also prepared to school Garin about finding a higher purpose for fighting and the value of trust — not the only things the Chinese have to teach the backwards newcomers.

Only Garin, who's been in China long enough to be able to eat with chopsticks but doesn't know a word of the language, makes any progress in that regard. Tovar is there for laughs and Ballard is only missing a moustache to twirl as the bad guy.

The Chinese cast speaks mostly Mandarin (with English subtitles) and Lin often acts as translator for Garin. Is her character passionless or is Jing wooden? Are they supposed to have feelings for each other beyond an admiration of fighting styles?

When will the monsters start rampaging again?

There are some entertaining visuals from Zhang, especially rising hot-air balloons echoing mourning lanterns released in an earlier scene. And the portable wristband lighters for gunpowder fuses are fun.

More of that spirit of innovation would have taken The Great Wall beyond a middling monster flick with a bloated budget and a Hollywood star at the fore.

Jing Tian, as Commander Lin Mae, and Matt Damon star in The Great Wall. CONTRIBUTED

metro TRAVEL
Your essential daily news

The February setting sun makes it look like Yosemite's Horsetail Fall is on fire

5 WAYS TO CELEBRATE MARDI GRAS

New Orleans is entering the height of its pre-Lenten Carnival season, culminating on Mardi Gras, or Fat Tuesday, which falls on Feb. 28 this year. Visitors face an abundance of choices on how to take it all in. Revel in the bawdy French Quarter or catch a parade? March in a parade? Wear a costume? Do it all? THE ASSOCIATED PRESS

1 Watch a parade

There are dozens of New Orleans area parades. The major ones, with marching bands and masked riders who throw beads and trinkets from elaborate floats, begin this year on Feb. 17. Most follow a route along historic St. Charles Avenue onto Canal Street, the broad downtown boulevard at the edge of the French Quarter — although the giant floats of Endymion, the celebrity-studded procession set for Feb. 25, lumber through the Mid-City neighbourhood.

Often overlooked are the smaller processions. For instance, Krewe du Vieux's satirical and raunchy parade with smaller, hand-drawn floats rolls through the French Quarter and neighbouring areas on Feb. 11. A week later, sci-fi, fantasy and horror fans don costumes evoking a variety of pop culture icons from Ewoks to zombies for the Intergalactic Krewe of Chewbacchus and stroll through Marigny.

2 Be in a parade

Getting a spot in a Carnival parade is the ultimate participatory experience. Some of the old-line parade "krewes" are famous for their exclusivity but others are open to anyone who can afford it, although spots are limited and should be reserved in advance. Costs include membership fees, costumes and "throws" (beads, little stuffed toys, etc.).

3 See the costumes

Mardi Gras is one big costume party. Some outfits are simple: multi-colored wigs, glittery masks, oversized hats. Others are elaborate: shimmering bodysuits with feather headdresses fanning out like peacock tails. Find the most intricate and outrageous on display at the annual Bourbon Street awards at the intersection of Bourbon and St. Ann.

4 Wear a costume

Feathered masks, funny hats and boas are available at souvenir shops and from vendors along the parade route. Many visitors make their own. In 2011, coveralls splotched with black were among the outfits lampooning BP after the Gulf of Mexico oil spill. Still others go for professionally made store-bought or rented regalia.

5 Behave yourself

Mardi Gras takes place in a city famous for all-night bars and drinking in the streets but there are limits. More than 170 state troopers will supplement the nearly 1,200-member police force. Last year, 334 arrests were reported in the 10 days leading up to Mardi Gras along the parade route and in the police disctrict that at includes the French Quarter.

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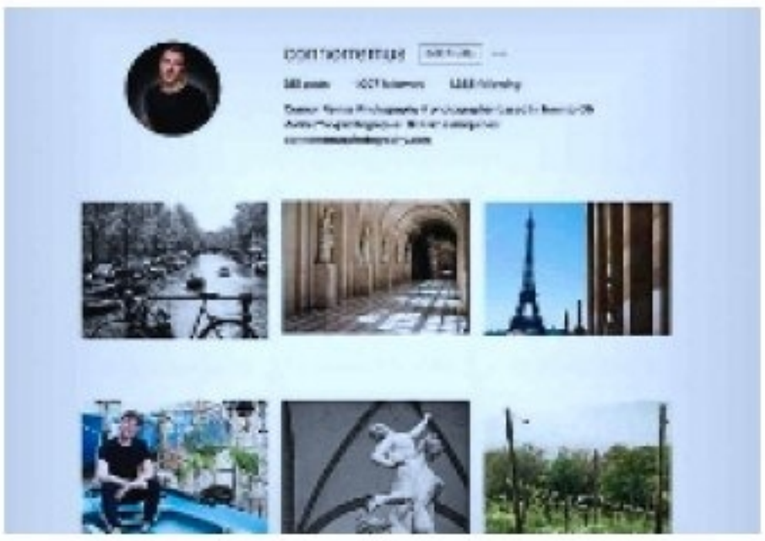
ADVICE TO IMPROVE YOUR INSTAGRAM GAME

I love to share my adventures on Instagram but sometimes feel my snaps are inadequate compared other accounts I follow. So I asked some of favourite Instagrammers for advice on taking and posting the best travel photos. **LOREN CHRISTIE/FOR METRO**



Find your light

"Most photographers will say lighting is everything," says @connorremus, a Toronto-based photography student. "This is true even when working from a mobile device. A perfect lighting scenario should eliminate any need for post work."

Freelance travel journalist @jennweatherhead concurs, "Sunrise and sunset photos are always my most liked. That golden glow gives the most incredible natural filter on any pictures. I also love the saturation of colour you get at these times."

Tell a story

I met @marcus.mhd on a group trip to Panama a year ago. His shots of a recent trip to Botswana were mesmerizing. His tips are simple but important; look for a story and think about a message you would like to convey. He suggests you fill your frame with one clear focal point. He also says not to use the Instagram app to take your picture but use your camera or phone as they have more features.

Shoot straight on

Paris-based freelancer travel journalist @patriciagajo loves symmetry.

"I like shooting objects by standing directly in front of them," she says. "If I'm looking at a building, I'll stand exactly in the middle of it and shoot it dead on."

Blemishes add interest

@jennweatherhead looks for imperfections; chipped paint, crooked doorways and uneven lines. For her the flaws add character and make a photo more interesting. She always has an eye open for the not-so-perfect scene.

Don't forget to edit

@connorremus likes to use the apps VSCO Cam, Instasize and Boomerang.

"Most apps are mobile friendly and can include tools such as cropping, filters, airbrushing, saturation, white balance and sharpening."

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A Panorama experience

A few hours' drive from Calgary in the interior of B. C., Panorama more than earns its moniker with stunning views of both the Rocky and Purcell Mountains. But just as plentiful as its scenic vistas are the ways you can make the most of this natural Canadian wonderland. **KAREN KWAN/FOR METRO**

Swish down the slopes

With a variety of runs, novice to expert skiers and boarders alike can get their adrenaline rush at Panorama. Hit the mountain during an inversion, where the colder air gets trapped in the valley, and snow bunnies are blessed with warmer temps at the summit with a magical feeling of floating above the clouds. For warm-up breaks, pop into the charming huts peppered on the hills for a bite of raclette or some hot chocolate. Advanced skiers should snap up the opportunity to heliski, available right at the ski resort through RK Heliski.

Step out in snowshoes

Explore a scenic four-kilometre trail of rolling terrain on your own or on a guided hike with only the noise of the snow crunching beneath snowshoes (available for rent from the Nordic Centre). Surrounded by evergreens weighed down heavily with snow you'll feel like you've stepped into Narnia; while there won't be any centaurs, do keep your eyes peeled for animal tracks.

Feast on fondue

Cheese lovers, you think you're ready for this heli? Book a heli-fondue adventure so you can enjoy the ultimate après-ski experience. Once the lifts close, you're helicoptered up to the summit where at the Summit Hut at 8,000 feet. As the sun sets, indulge in wine and a gourmet fondue feast made of a perfected blend of cheeses and finish off with fruit and chocolate fondue. Then, strap on a headlamp and your skis or board and follow the guides down the eerily dark slopes to the village.

Speed in a snowmobile

Speed demons can get their fix just a five-minute drive from the village where a fleet of snowmobiles awaits at Toby Creek Adventures. Make your way up the side of the mountain in stages, following your guide around many switchbacks. A hot chocolate and cookie break at the Paradise Hut alpine cabin will warm you up for playtime tearing around the powder bowl.

Bejewel with beads

When you need a break from Jack Frost nipping at your nose, skip the hot pools for après-ski and instead get your creative juices flowing with a course that'll have you making beads and jewelry using an open flame at Saffire Bead and Flameworks. This four-year-old business will teach you the basics and also carries work by artisans if you'd rather shop local than get crafty.

Karen Kwan was a guest of Destination BC and Panorama Mountain Resort, who did not pay for or review this story.

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metro SPORTS

Shane Battier is returning to the Miami Heat as a member of the front office in the new role of director of basketball development and analytics

Crosby reaches milestone in style

NHL

Sid tops 1,000 points then scores in OT at Jets' expense

Sidney Crosby ended his march to 1,000 career points in typically unselfish fashion. The Pittsburgh Penguins star wasted little time before starting his quest for the next thousand.

The Pittsburgh captain fed Chris Kunitz for a first-period goal against Winnipeg on Thursday to become the 86th player in NHL history to reach the 1,000-point plateau, added an assist on Phil Kessel's game-tying goal in the third and then put the winner past Connor Hellebuyck with 21 seconds left in overtime as the Penguins escaped with a 4-3 victory.

Crosby finished with three points to push his total to 1,002. Evgeni Malkin also scored for Pittsburgh, while Marc-Andre Fleury stopped 44 shots for the Penguins, who improved to 6-0-2 since the all-star break.

Patrik Laine scored his 27th for Winnipeg. Paul Postma collected his first and Dustin Byfuglien his eighth for the Jets. Hellebuyck made 35 saves, but couldn't get a handle on Crosby's 31st of the season and 369th goal of his career.

Penguins centre Sidney Crosby looks to make a pass against the Jets' Adam Lowry on Thursday night. GENE J. PUSKAR/THE ASSOCIATED PRESS

THURSDAY In Pittsburgh

PENGUINS	JETS
4	3

Crosby insisted as the milestone approached that he'd be happy once it was out of the way so the focus could swing back to Pittsburgh's chase of first-place Washington in the relentlessly competitive Metropolitan Division. His sprint to the mark turned into a slow jog during a rare two-game scoreless drought and inched closer with an assist in a victory over Vancouver on Tuesday to give him 999.

History came in typically symbolic fashion for one of the game's best playmakers.

Crosby reached it in his 757th game — the quickest among active players — not with some breathtaking move, but by simply outworking an opponent. The Penguins were already up 1-0 on Malkin's goal 59 seconds into the game when Crosby beat Winnipeg's Blake Wheeler to a loose puck in the left circle. Crosby collected himself, then slipped a pass to Kunitz wide open in the spot. Kunitz powered it into the open net, the 186th time the longtime teammates have factored in a goal together. THE ASSOCIATED PRESS

QB Dan LeFevour played for Toronto in 2016. THE CANADIAN PRESS

BLUE BOMBERS

Hurl re-signs, QB insurance added

The Winnipeg Blue Bombers re-signed Canadian linebacker Sam Hurl and agreed to terms with free-agent quarterback Dan LeFevour on Thursday.

Hurl, a six-foot-one, 225-pound Calgary native, returns for a third season in Winnipeg. He has appeared in 30 regular-season games, registering 59 tackles, 14 special-team tackles, five sacks, two interceptions and one forced fumble.

The six-foot-three, 230-pound LeFevour is a five-year CFL veteran. He spent last season with Toronto and has also played for the Hamilton Tiger-Cats and Montreal Alouettes.

The Bombers also signed defensive back Sam Brown and linebacker Will Smith, both Americans. THE CANADIAN PRESS

IN BRIEF

Canada showing its might at Four Continents event

Canada's Gabrielle Daleman and Kaetlyn Osmond dominated the women's short program at the ISU Four Continents figure skating championships on Thursday in Pyeongchang, South Korea.

Daleman leads after scoring 68.25 points. Osmond (68.21) is in second.

Canada's Tessa Virtue and Scott Moir also lead after the short program in ice dance.

THE CANADIAN PRESS

Slash on linesman nets Vermette 10-game ban

Anaheim Ducks forward Antoine Vermette was suspended for 10 games on Thursday for slashing a linesman in apparent anger after a faceoff.

Vermette slapped his stick against the back of linesman Shandor Alphonso's legs after losing a faceoff to Minnesota captain Mikko Koivu during the third period of the Ducks' 1-0 win Tuesday.

THE ASSOCIATED PRESS

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CURLING

No provincial grind for Carey & team before the Scotties

Chelsea Carey returns to the Canadian women's curling championship feeling tighter with her team and oddly rested.

Among the bonuses for winning the Scotties Tournament of Hearts is an automatic berth in the next one as Team Canada.

So defending champions Carey, third Amy Nixon, second Jocelyn Peterman and lead Laine Peters avoided the grind of provincial playdowns this year. The Calgary team heads to St. Catharines, Ont., for this year's event starting Saturday with full gas tanks.

"The biggest thing that's different is you don't have to win your provincial, so you have all this time," Carey said. "That's been kind of weird, but kind of nice that it's been a little slower pace leading up for us." They'll need their reserves to repeat as Canadian champions, says the skip.

"It's a long, long week and it's an absolute grind," Carey said. "I always laugh at people who say, 'You went to this town. What did you see?' I'm like, 'Nothing.' You play two games a day and have a nap in between because you have to. You just won't survive the week otherwise.

> **It's been a slower pace leading up for us.**
> Chelsea Carey

"For sure we're coming in a little more rested than probably most of the other teams. Maybe that's a good thing, maybe that's a bad thing, I don't know, but I like it."

The Glencoe Club foursome claimed the 2016 Tournament of Hearts in Grande Prairie, Alta., in Carey's first year skipping the team. She drew to the eight-foot ring with her final shot to beat Northern Ontario's Krista McCarville 7-6 in the final.

THE CANADIAN PRESS

Team Canada skip Chelsea Carey, centre, makes a shot as her teammates, second Jocelyn Peterman, left, and lead Laine Peters, train in Calgary on Monday. Carey returns to the Scotties feeling tighter with her team and oddly rested. JEFF MCINTOSH/THE CANADIAN PRESS

MLB

Jays' Latos ready for challenge

Mat Latos knows earning a spot on the Toronto Blue Jays roster won't be easy. But he's embracing the challenge this spring.

Toronto signed the 29-year-old right-hander to a minor-league deal Thursday with an invitation to major-league camp. He didn't waste any time getting there, showing up later in the day to begin his workouts.

Latos, an eight-year veteran with 186 career starts under his belt, has struggled over the last two seasons while dealing with a knee injury. He played for five different major league teams over that span. He had surgery on his left knee to remove his medial meniscus in 2014 and had trouble keeping the swelling down the following two seasons.

Latos, who went 14-7 with a 3.16 earned-run average with Cincinnati in 2013, started 11 games with the Chicago White Sox last year before being released. He spent the rest of the year with the Washington Nationals. THE CANADIAN PRESS

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MAKE IT TONIGHT

Sweet Roasted Butternut Squash and Sweet Pear Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This soup has a subtle sweetness that is the perfect pairing with a grilled cheese.

Ready in 1 hour 10 minutes
Prep time: 20 minutes
Cook time: 50 minutes
Serves 4

Ingredients
- 2 lb. butternut squash, peeled, seeded and cut into 2 inch chunks
- 3 shallots, quartered
- 3 heirloom carrots, cut lengthwise and then in half
- 2 cloves garlic
- 2 Tbsp olive oil
- 1/2 tsp salt, divided
- 3 cup vegetable broth
- 1 cup milk
- 1/2 cup apple cider or water
- 3/4 cup pear purée
- our cream or Greek style yogurt for garnish

Directions
1. Preheat oven to 400.
2. Place squash, shallots, carrots and garlic in a large bowl and toss with olive oil and 1/4 teaspoon salt.
3. Spread vegetables in a single layer on a large, rimmed baking sheet and roast 50 to 55 minutes, or until fork tender. Let cool.
4. Place vegetables and 2 cups of vegetable broth into a blender and purée until smooth. Pour into a large saucepan over medium-low heat and stir in remaining broth, milk, water or apple cider, pear purée and remaining salt. Cook about 10 minutes, stirring occasionally.
5. Serve with Greek style yogurt or sour cream.

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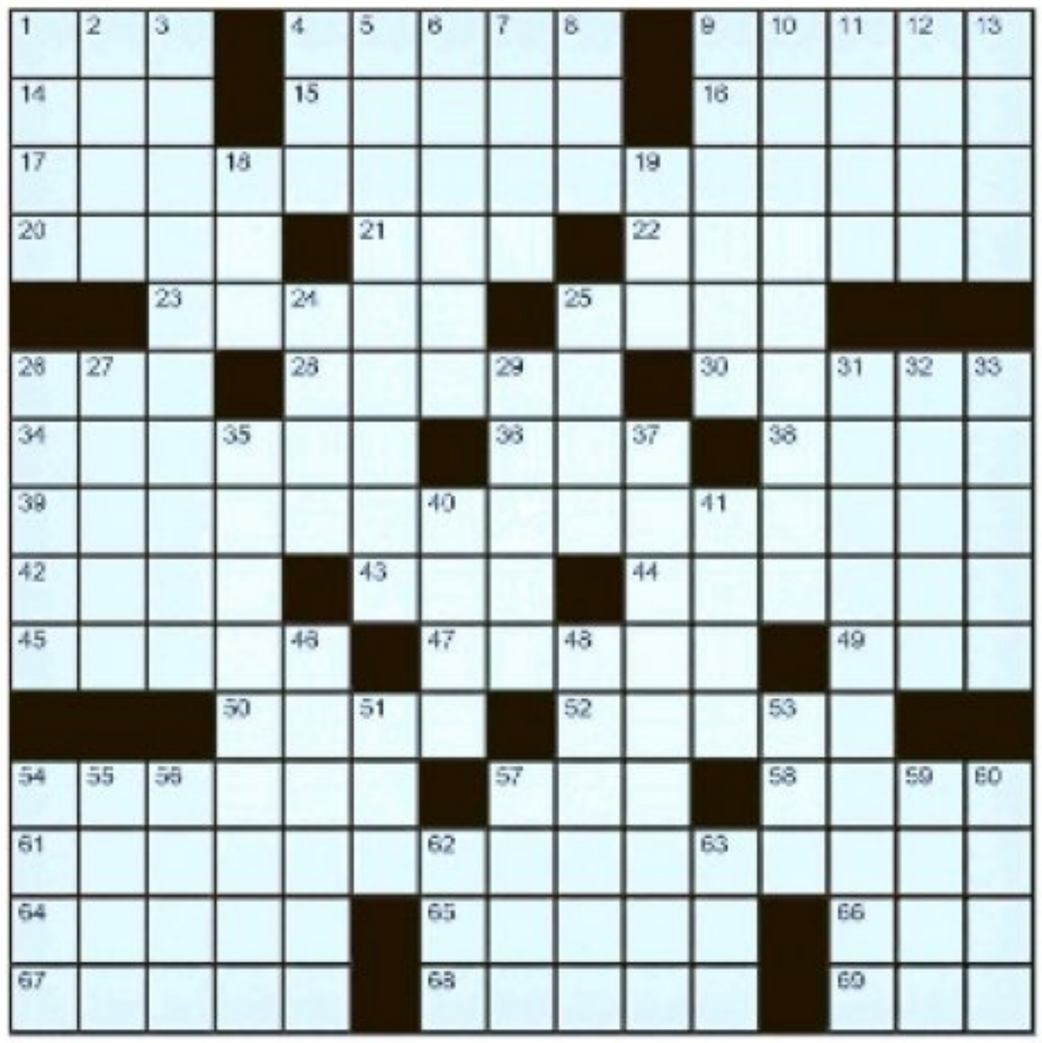
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Ms. Reinking of "All That Jazz" (1979)
4. Fossil resin
9. Dairy products brand, __'Lakes
14. Ski-__
15. Debonair
16. Tree variety
17. OWN series: 2 wds.
20. Quasi
21. Chicago's Li'l state
22. Fashion designer Bob who created costumes for "The Carol Burnett Show"
23. Mr. Baldwin's
25. Ballroom dance, __ Doble
26. Li'l Florida city
28. Fashion sense
30. Get energized: 2 wds.
34. Sharpen up on sharpening skills
36. "__ Haw"
38. Celtic language
39. Modernist painters based in Montreal in the Jazz Age: 3 wds.
42. Jazz vocalist Ms. Anderson
43. '_' __ for Manitoba
44. Daunt
45. Fork-tailed sea birds
47. Less dangerous
49. Chicago trains
50. Gangster groupings
52. Castaway's new home
54. Like bits of salt
57. Paul McCartney & Wings song
58. Mr. DeLuca-Tamasi, Design Expert on "Cityline"
61. 1979 Neil Young & Crazy Horse album: 3 wds.
64. Merge
65. Sort of tie
66. Stage actress Ms. Hagen
67. Rolling Stones: "__ of Burden"
68. Submachine guns of WWII
69. Initials-sharers of the star of "Carrie" (1976)

DOWN
1. Hubbubs
2. Slangy negative
3. Shampoo category: 2 wds.
4. Fireplace's swept up residue
5. Adagio or Glissando or Pizzicato: 2 wds.
6. Gutsy
7. Malefic
8. TKO caller
9. 'The house', in our [acronym]
10. Everybody taking part in the event
11. Fargo, _. __.
12. Lucille's love
13. "The '__'e knows above a bit..." - Rudyard Kipling
18. Gaspe 'garlic'
19. Overseas MTV honours: 2 wds.
24. Medieval labourer
25. Orange's covering
26. William __ (British remixer/music producer)
27. "Superman" (1978) star Christopher
29. Tibet's capital
31. Greek Myth: Titan who gave mankind fire after stealing it from Mount Olympus
32. Regular
33. English diarist, Samuel __ (b.1633 - d.1703)
35. Holding hot roasters helpers: 2 wds.
37. Greg on "The Brady Bunch": 2 wds.
40. Angry cat's warning
41. "__ Interrupted" (1999)
46. 14-line poem
48. Cutthroat
51. "Cheerio."
53. 'Legal' suffix
54. Chuck wagon food
55. Old Scandinavian symbol
56. Laos' location
57. "Why surely you __!"
59. High-rise dwellings, for short
60. "That __ __ it should be."
62. '_' __ in Vernon
63. Fire dept. ranks

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Take care of banking details and redtape issues like inheritances, taxes, debt and insurance matters today. It will feel good to get some of these things out of the way.

Taurus April 21 - May 21
Today the Moon is in a sign that is opposite from Taurus, which means you have to cooperate with others. This simply requires some tolerance and patience. No biggie.

Gemini May 22 - June 21
Because you want to get better organized today, set aside 20 minutes to tidy up your workspace or where you live. Even a little effort will make you happy with the results.

Cancer June 22 - July 23
Set aside some time today to play and have fun. Enjoy sports events, playful times with children or perhaps a fun flirtation. You need a break today!

Leo July 24 - Aug. 23
Home, family and real estate will be your focus today. Perhaps a conversation with a female family member (especially a parent) will be important.

Virgo Aug. 24 - Sept. 23
You have a strong need to talk to others today. You don't want to have superficial chitchat. You want to know what's happening, and you want to share your own experiences as well.

Libra Sept. 24 - Oct. 23
Money, cash flow or something to do with a possession that you own will be your focus today. When it comes to money and finances, information is power.

Scorpio Oct. 24 - Nov. 22
Today the Moon is in your sign, which will make you more emotional than usual. This is why you might overreact when talking to others. Keep this in mind.

Sagittarius Nov. 23 - Dec. 21
Today you will prefer to be low-key and work behind the scenes or alone. Some days we like publicity; some days we don't.

Capricorn Dec. 22 - Jan. 20
A conversation with a female acquaintance will be important today. Perhaps you'll want to share your hopes and dreams for the future with someone.

Aquarius Jan. 21 - Feb. 19
Personal details about your private life will become public today. This is because you are having a moment that is high-viz, especially in the eyes of bosses and VIPs.

Pisces
Feb. 20 - March 20
Do something different today. Shake up your routine to satisfy your urge for a little adventure. You also want to learn something new

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

9			6		8	1		4
		7						
5				7			6	
3								8
		4		9		5		
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						3		
8		1	7		2			5

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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9	7	3	2	8	5	6	1	4
5	4	8	6	1	9	3	7	2
6	1	2	4	7	3	5	9	8
3	6	1	5	2	4	7	8	9
7	5	4	8	9	6	1	2	3
8	2	9	7	3	1	4	6	5
4	9	5	1	6	8	2	3	7
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2	3	6	9	4	7	8	5	1

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